

## **ABSTRACT**

The method of the present invention provides compositions a method for rapid bowel clean-out using cleansing ~~comprising~~ a water-soluble mixture of polyethylene glycol powder and a sodium phosphate(s) powder. The sodium phosphate powder initiates hypermotility of the intestines. The polyethylene glycol maintains the hypermotility of the intestines started by the sodium phosphate powder. The ~~compositions are~~ disclosed method is particularly useful for preparing the bowel prior to surgery or diagnostic procedures such as colonoscopies. No osmotic imbalance necessitating the administration of electrolytes is induced. ~~The invention further comprises methods for cleansing the bowel using these compositions, and bowel cleansing kits comprising these compositions.~~